

TogetherAZ

February 2023

Inspiring Success on the Road to Recovery

The HeART and Soul of Recovery

By Barbara Nicholson Brown with Brandon Lee and Christin Day

SEVEN HUNDRED canvases and **50 GALLONS** of paint are used each month at the *Art Of Our Soul* studio in Phoenix. Five days a week, the *Art Of Our Soul* team facilitates classes for a community of people from treatment facilities, intensive outpatient centers, and many other health organizations in the Valley. *Art Of Our Soul* provides a safe space to create. This isn't traditional therapy — it's a unique way for the participants to have fun, express themselves and aid in their healing.

Trading in his suit and tie for T-shirts and jeans splashed with paint, former news anchor Brandon Lee is not only creating art with flowing acrylic paint and the heat from a hair dryer; (*not a paintbrush in sight*), he is sharing his passion with others so they can discover their joy. There is a such a sense of freedom when people use their imagination, and go with the flow.

Last year I took a class with 14 people I had never met. Within minutes the room filled with camaraderie, energy and laughter. We cheered each other on, watching our choice of colors form magnificent shapes. My soul felt good — remarkable actually. That day I tapped into my abstract creative side, reminding me to play more and.... maybe.... work a little less!

Knowing Brandon is knowing an honest, sincere, humble and generous man — who is always willing to share his recovery journey. When we openly share our stories, we connect on a level that reminds us we are not alone.

This is valentines, hearts and love month!

I couldn't think of a better way to celebrate February than by sharing how *Art Of Our Soul* grew from a dream and words scribbled on a napkin — to the success it is today. I'm excited to see what lies ahead!

Follow *Art Of Our Soul* on Facebook to see the art and smiles of the proud creators in the room. (<https://www.facebook.com/BrandonLeeNews>)

Brandon Lee

Through Art of Our Soul, you're living with purpose every day. How has life changed since opening the studio and leaving mainstream media?

I am so grateful for my career in news that lasted 22 years. I had the opportunity to work at the TODAY Show in New York City which led to me working in amazing cities like Boston, Atlanta, Los Angeles, and most recently Phoenix where I worked as the main anchor for CBS5/3TV for the past decade until I retired in 2021. I was able to live in so many parts of the country that really gave me an incredible opportunity to experience all of the amazing cultures that make America so great. If I'm being honest, I never thought I would leave journalism. It was the only thing I thought I was good at. But, I hit a breaking point in my life. I experienced trauma in 2020 like so many other people. It really got me to see life from a totally different perspective and through a different lens. I began deep trauma healing work on myself. It was hard. It was heavy. But, I stayed committed to the work. That's how my life changed. I discovered my life's purpose after I healed from my childhood trauma. That trauma healing work led me to creating Art Of Our Soul: an art healing program for trauma survivors. I get to truly help impact someone's life every single day. There is no dollar amount that can ever compare to that. Instead of reading negative headlines for 5 hours a day, I get to give hope to others who are hurting and provide a healing modality that allows them to experience joy.

You are very open about your traumas and addiction, that creating art saved you at your lowest point. From those darkest days to now — did you ever imagine this could be such a powerful healer?



Christin Day, Brandon Lee and Carey Gerst

Photo: Scott Faust Studios

I only realized the power of healing art when I used it to heal myself from my own trauma. I didn't know the proven science about how healing art can be. I never created art thinking it would lead me to opening *Art Of Our Soul*. I started creating art in my guest bedroom. I would come home from the newsroom stressed out. My anxiety was through the roof. Creating art at night helped with my depression, anxiety, and suicidal ideation. Art, when done in the right setting, has the ability to take someone from a Beta to an Alpha state. It's in the Alpha state where we can heal the mind and body. Experiential therapy is crucial to helping someone heal from trauma. Not everyone learns the same way. Not everyone heals the same way. Not everyone is verbal. So, we have to offer different programs to people to find what works for them.



The HeART and Soul of Recovery continued page 6



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Publisher's Note

By Barbara Nicholson-Brown



Interrupting Addiction for Sobriety

There were so many times I tried to stop being an active participant in drinking and drug use — but the most I could stay away from anything mind altering was a few days, and no more than a week. The substances had complete power over me, something I never realized until a few months sober. It was too shameful and painful to admit the truth to myself or anyone else. The little breaks taken between hangover and hangover only made the next time out much worse. As time went on, this vicious cycle became a way of life. I'm forever grateful I hit bottom.

To succeed in anything, sobriety must be my **number one** top priority — every day. As long as I'm sober, staying close to my Higher Power and in gratitude, I have it all — all that matters for today.



During this month of love, take some time for yourself to jot down what you're grateful for. We need to love ourselves too, because love comes from within and shines out to others. Love is all there is.

Thank you to Brandon Lee and the team at Art Of Our Soul for sharing your hearts and inspiring art with us.

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Inspiring Success on the Road to Recovery

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The More You Know

Reporting Suspicious Activities

AHCCCS reminds enrolled members and the public to report any suspicious activity where health care or residential services, and transportation to these services, are promised. Specifically, the agency is aware of two ongoing targeting activities:

Individuals are targeting American Indians/Alaskan Natives (AI/AN) who reside on tribal reservations by recruiting and transporting them to live in what they are calling sober living homes or behavioral health residential facilities in Phoenix, and Individuals are enrolling applicants into the American Indian Health Program (AIHP) who do not qualify for the program.

There are many ways to report suspicious activity. AHCCCS works closely with the Arizona Department of Health Services (ADHS), the FBI, and local law enforcement to route tips to the correct agency. Use any of these resources to report. There is no “wrong way” to report suspicious activity. <https://app3.azdhs.gov/PROD-AZHSComplaint-UI>

Report Criminal Activity to the FBI

The FBI is seeking information from the public about victims who may have been recruited to live in and receive services in group homes (Behavioral Health Residential Facilities) located in Phoenix, Arizona, between January 2020 to present.

See the news release and questionnaire from the FBI: Seeking Victims in the Phoenix Group Homes Targeting Native Americans Investigation at <https://www.fbi.gov/how-we-can-help-you/victim-services/seeking-victim-information/seeking-victims-in-the-phoenix-group-homes-targeting-native-americans-investigation>

Report Use of a License Issues to ADHS

The Arizona Department of Health Services (ADHS) licenses sober living homes and behavioral health residential facilities. If you suspect violations at a facility, report it online using the ADHS Licensing Complaint Form. To verify a provider’s license, and view cited deficiencies and corrective action enforcement, see www.azcarecheck.com.



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By Dina Evan, PhD

The jewelry stores have bumped up prices and department stores have brought out their bestselling perfumes, and every department has gone back through their sales records to see what items have sold the best on every Valentine's Day for the past 10 years.

Ahh yes, this is Cupids month!

However, in a world feeling bereft of love and focused on division and insult, attack and dominance, I began to wonder what would happen if this was simply world love day and not just reserved only for our romantic partners.

On Christmas, love is often measured by the number of presents under the tree. Easter is often about how many eggs we can find in the yard and, on Valentines Day it is often about how big the gift is and how much it costs.

So let's make this month simply about love, for everyone!

Now that doesn't mean you can't do something astonishingly romantic for that special person in your life. But, how would it feel to expand Valentine's Day a bit After all, the only way to change the world is if we change....right?

In my life, the people I loved and respected the most were those who were present, honest, truthful and showed up with love. So why don't we do exactly that? What might happen if you took that elderly lady who lives alone down the street a pastry with a card that reads, "Thank you for bringing your sweet energy to our street. Wishing you the best on Valentine day."

Or, to our grandparents, whom I can attest to are often forgotten after kids and grandkids have their own kids and their plates are filled survival and making the money to support them. Today's consciousness is about play, time for friends, vacations, lunches and movies, there's no time for grandmothers and grandfathers. Maybe because their tool boxes were empty, in our day/ their day, we made it a point not to burden our kids with how hard it was. So, how about a single flower with a note that says, "Thank you for going through all you did to keep our family together and make it possible for us to be who we are today."

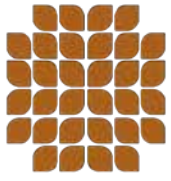
And how about teachers, like my beloved 4th grade teacher, Ms. Franklin. I grew up in an empty room and had no idea who I was. No direction, no self-awareness, and no self-esteem...until Ms. Franklin. One day I was sitting alone on a bench on the playground and here she came in her high top, tied up shoes, her old 20's looking dresses that were very long and dark and her foreboding look that always seemed to always silently say...don't you dare anything. She took a seat beside me and said, "Okay Dina, it's time to stop acting as if you are not smart. You are very smart and I expect you to show that in your work and on our class from this day on. Do you understand me?" It took me a minute to grasp what she had actually said to me and, I must have looked dumb founded. She said, crisply albeit wrapped in a silent humanity, "Did you hear me?" I nodded. And she replied, "Good then from this day forward I expect only the best from you and do not hold back." I don't remember walking home that day. I just remember her words - words, I had never heard before and I dared to believe. After all she was Ms. Franklin and she knows everything! I wish she was here today to say thank you, but clearly many teachers, nurses, and other service people, today deserve the same.

Love is love, no matter who you give it to

Whether it's that woman in the grocery store who is a couple of dollars short for her order, or that waitress who works hard to take care of her child, or the grocery store clerk. A little love goes a long way and since it's very inexpensive ...let's spread it around this Valentine's Day and make some special person's heart happy. **You in?**



Dr. Evan is a marriage, family, child therapist and consciousness counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. Visit drdinaevan.com or call 602-571-8228.



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Art Of Our Soul began as a way for recovering addicts to heal and now works with people suffering from brain injuries, PTSD, domestic violence, sex trafficking and more. Talk about that.

When we first opened our doors at *Art Of Our Soul*, we had 3 addiction treatment centers who partnered with us. In 15 months, we have grown to 16 partners. At first, I thought we would only help recovering addicts and those with severe mental illness, but now we also offer art healing sessions to frontline nurses, veterans, survivors of sex trafficking, survivors of domestic violence, survivors of child abuse and neglect, cancer survivors, and survivors of traumatic brain injuries.

What are a few magical moments you’ve seen with clients when they are painting, expressing and working together as a group?

Oh gosh. There are so many! There are moments every day that make such a profound impact on me personally. I think I will share with you about a recent moment we had with a guy in recovery at Crossroads, Inc. His name is Chase. It was his first time at *Art Of Our Soul*. Instead of me sharing about the experience, I will let him share it in his own words:

"This is my first time to *Art Of Our Soul*.. I relapsed 2 weeks ago and the obsession to use has been non-stop. I'm still detoxing and have been struggling, but today during Brandon's session... the entire hour I was here I didn't think about using once. I didn't want to get loaded. I was lost in the art and in the moment of what we were doing together. Not only was it therapeutic, but the creativity and fun behind the art we made trumped any desire to use. I'm extremely grateful for having the opportunity to experience this today."

That's my purpose. We get to help people like Chase every single day.

What are the future plans?

When I first opened *Art Of Our Soul*, I thought 10 partners would be amazing. I thought I would only have one studio here in Phoenix. But, so many CEO's have come to me asking me if I can scale up so we can serve even more people with our innovative program that is a combination of both music and art healing at the same time. We have plans to expand nationally as we begin to partner with large behavioral health companies and hospitals that offer programs to their patients and members. It's an exciting time for us at *Art Of Our Soul*.

Learn more at <https://artofoursoul.com/>



Empowering women in recovery for a healthy family and hopeful future

AZWRC is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address family sustainability. All programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.

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Treatment | Housing | Education

Christin Day

What drew you to becoming an instructor for Art Of Our Soul?

I worked for a treatment center who had partnered with Brandon in March, and I would come to the classes with clients and participate. I jokingly told him if he ever needed me to fill-in to let me know. Little did he know I had been manifesting working with him for months. In August 2022, Brandon asked if I would be interested in filling in for Monday and Wednesday evening classes. I was beyond excited! I remember walking into my first class teaching the Florence Crittenton girls, and in my heart knew I was in the right place. (<https://www.flocrit.org/>)



What changes do you see within yourself as you teach others who are seeking recovery and healing their traumas? Talk about the bonds you’ve made.

The biggest positive change I see is, at five years sober, I'm not perfect. There are many things I still need to work on. Being around Brandon helps me want to be a better person.

My level of compassion and empathy has grown from working here. Some of the bonds I have made is working with the girls from Florence Crittenton. When I started, one girl wouldn't paint at all. She just refused. I sat with her and said, "you don't have to paint, just pick out colors and I'll do it for you," to try and get her involved. The following week she participated a little, and at the next class she was so excited she painted a picture for her aunt. It's those little things that show why we do what we do. Another bond I have is with Crossroads. I worked there for two years in admissions. Now, on Wednesdays I assist and help teach class to the residents, some of who I did their intake, and some who are back from a relapse. It melts my heart to see them walk through our door.

With all you give each day—how full is your cup?

I will be honest my cup is more full from working here than it was in the four years I worked in behavioral health. I get to connect on a different level, a heart level.

Many people reading this might say, “But I’m not creative, I can’t paint,” what would you say to inspire them?

I wasn't an artist when I walked through those doors five months ago. We make an artist out of anyone who comes in! I'll be there to guide you every step of the way and help you create your art piece!

Tell us about your journey finding recovery.

I've lived a big life in my 40 years, with the best part being I'm five years clean and sober from meth and heroin. The early days and months in recovery were difficult because I was filled with so much guilt and shame. It has taken a sincere commitment to stay clean, and a lot of work with my sponsor who guides me.

I moved here from Texas in the mid-nineties. While enrolled in high school I tried to join in with others, but was bullied. I acted out to the point of being kicked out my sophomore year. Then I attended a charter school but ran with the crowd who did drugs and drank. I became pregnant at 14, and had to have an abortion. At 15, I was skipping school more than I attended. And then I met a guy. Within months I was pregnant. I was enrolled in teen parenting classes and decided to get married at 16. We eventually separated. The year I graduated, I suffered a miscarriage and turned to drugs and alcohol to suppress my feelings and confusion.

After a few months apart we gave the marriage another chance in Texas. Soon after I was pregnant again — while discovering he was cheating. So it was back to Arizona to start life as a single mom. I applied for college after my son was born, received a full scholarship to ASU West, and worked three jobs to make ends meet. Then I was introduced to crystal meth.

Working, and going to college was exhausting and I thought, maybe meth was helping me get through the day. But once I started, I couldn't stop. I lost the scholarship, jobs and all hope. I gave temporary guardianship of my son to my parents.

I was doing meth every day when I found out I was pregnant with my daughter. I believe God did for me what I couldn't do for myself at that time when I was arrested for selling meth to an undercover cop. After nearly 3 months in jail, I entered treatment at a facility where my daughter was welcome. I did okay for

Continued next page

awhile, and moved back to my parents. I never thought drugs were my problem, men were.

Addiction took me to places I never thought I would go. My daughter was getting in the way of me getting high, and I gave her up for adoption to a family friend. It was an open adoption so I was at least able to watch her grow up.

I had my last child in 2005, with every intention of doing everything right, being the best mom possible, but that didn't last. After I gave birth, I started using meth again.

In 2015, I was introduced to the needle, shooting meth and heroin. Within a matter of a month, I lost my house, car and kid to DCS. My life was in shambles. I was completely powerless until I had a moment of clarity to try treatment again. I attended Native American Connections that October. I did the 45 day program and 90 day IOP and entered sober living. Once I graduated I was back with my parents.

Three weeks away from getting my daughter back from DCS, and thinking I didn't need meetings or to call my sponsor, soon after I was high again. My rights were severed, my daughter was adopted and her name changed. That news sent me on a relapse for a year and a half. I was in a very dark place, and did anything and everything to try to kill myself.

In October 2017, I was arrested again for possession. I was trying to kick heroin too. Clearly, as if it was yesterday, I remember begging God to give me one more chance. It took another month until I found the sobriety that I cherish today.

This time sobriety worked because I jumped back into the 12 step rooms, found a new sponsor, followed directions, and thoroughly started working the 12 steps.



Who We Are

Community Bridges, Inc. is the premiere fully integrated healthcare provider of behavioral health services in Arizona.

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Purpose

To be an Agent of Positive Change in our Communities

Mission

To Maintain the Dignity of Human Life

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This time I wasn't getting sober for DCS or my family; it was for me. That decision saved my life. I stayed in the middle of the herd of women who loved me until I could love myself, and they didn't judge, or shame me.

Sobriety is beyond anything I could ever imagine possible. Today, I have an amazing husband and family and job I love. I am blessed with the opportunity to work alongside Brandon at *Art Of Our Soul*. Helping and sharing with our participants helps me be a better mom, wife, and friend. If it wasn't for my 12 step program and the support I received, I would have nothing, I don't think I would be here.

I know now God had a purpose for me. If you are new in recovery or need help, always reach out. There is a solution, you're not alone!



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Why Teens Manipulate

It’s easy to think of young people, particularly teenagers, as being manipulative. Teens are known for behaviors like emotional blackmailing, guilt-tripping, playing the victim, and telling white lies. But what we think of as manipulative teenager behaviors are usually a teen trying to get their needs met in unhealthy ways.

It’s important for parents to examine the situation and explore what’s causing this behavior. Many teens who display these behaviors have underlying mental health conditions that affect their decisions and behaviors. Trauma is a common reason why teens might be considered “manipulative.”

Let’s take a closer look at signs your child is manipulating you and how to deal with a “manipulative teenager.”

Signs of a Manipulative Child

Signs teens might be manipulating to try to fulfill their needs are:

- Ignoring parents and the rules they put in place
- Giving parents the silent treatment
- Gaslighting parents
- Retaliating against parents’ rules by being hurtful, mean, or disrespectful
- Emotional blackmailing
- Telling lies
- Acting overly charming and obedient
- Playing parents against each other
- Explosive behavior, throwing tantrums
- Threatening suicide

What Is Emotional Blackmailing?

Emotional blackmailing, sometimes called emotional extortion, is a type of behavior in which a teen uses guilt, fear, and intimidation to get their way. Teens may emotionally blackmail you by acting as if you don’t care about them and their needs. This could look like the child telling the parent, “You don’t love me as much as you do [my sibling]!” or “You never give me what I want!” Parents then feel guilty and may make decisions based on that feeling rather than on what’s right for their teen and family. Situations like these end up leading to arguments, anger, and explosive behavior from parent or child—or both.

What to Do If a Teen Threatens Suicide as Emotional Manipulation

Parents and caregivers should always take suicidal behavior seriously. Whether or not a teen is actually suicidal, it’s essential to respond to this threat. Even if the teen is not planning suicide, talking about ending their life may be a symptom they need mental health treatment.

Take the following actions for preventing teenage suicide and accessing help for a suicidal teenager:



- Do not leave the teen alone.
- Remove anything that could be used in a suicide attempt, including firearms, alcohol, drugs, razors, or other sharp objects.
- Call the US National Suicide Prevention Lifeline at 988.
- Take the teen to an emergency room or seek help from a medical or mental health professional.

Teenager Behavior and Mental Health Issues

Underlying mental health conditions and past trauma are often the root causes of these behaviors. For example, personality disorders usually develop as a result of childhood trauma. Teens with borderline personality disorder or other personality disorders tend to use charm and truth-bending to get what they want. This does not mean all manipulative teenagers have a personality disorder. However, it’s common for kids who have gone through traumatic events to try to get what they want by any means possible. Most of the time “manipulative teens” are acting in a way that got them through difficult times as a young child. They’ve learned to get their way by lying and using other manipulative tactics. Characteristics of a manipulative child often include internalized self-loathing and low self-esteem, which may have resulted from bullying or abuse. Teen manipulation can be a symptom of depression. Teens might try to mask their depression by charming and lying to others. This is known as smiling depression.

Treatment for Mental Health Issues Underlying Manipulative Child Behavior Symptoms

Manipulative teenager behavior can be a sign of a mental health issue, and possible signs of depression, anxiety, and trauma should always be taken seriously. Mental health professionals are trained to work with children and teens who act manipulatively as a way to get their needs met. A teen mental health assessment with a clinician can uncover trauma, anxiety, depression, or other underlying disorders that require treatment.

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Learn more at www.newporthealthcare.com

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988

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3350 E. Pinchot Ave. Phoenix, AZ 85018

Reframing Self-Love

Is self-love selfish or selfless?

This is a question many will interpret the answer to differently based on their upbringing and experiences in life, but for those who lean towards self-love being selfish, we beg to differ. Especially when it comes to addiction, getting into a zone where self-love is a priority is crucial to healing and long-term recovery. The path to sobriety starts with self-love.

What is self-love?

Simply put, "self-love is regard for one's own well-being and happiness." It's having respect for your own person and self-worth. It's putting yourself in a position to be well and in turn do well. When we care for our own be-ing, it is often reflected in our daily lives. People lacking self-love often fall into toxic habits or relationships. They seek perfectionism or aim to people please. In turn, their own self dissipates. Many who have low self-esteem or self-love struggle with mood disorders like depression and can fall into the trap of drugs or alcohol. Self-love is meant to protect you and keep you thriving.

Examples of self-love include:

- Making sure your needs are met
- Learning to set healthy boundaries
- Positive self talk
- Self forgiveness—we all mess up sometimes
- Recognizing your feelings
- Prioritizing your mental, physical, and over all well being




- Not letting others abuse or take advantage of you
- Being assertive, not aggressive
- Having values and following them

Lack of empathy, entitlement, and an excess amount of external attention and validation are all hallmarks of narcissism. By no means are these traits the type of self-love necessary for thriving.

Healthy self-love hones in on taking care of, respecting, and honoring the person you are. It's self awareness on another level.


Examples of neglecting your needs or denying yourself can look like:

- Staying in a relationship because you don't want to be alone.
- I'll give myself

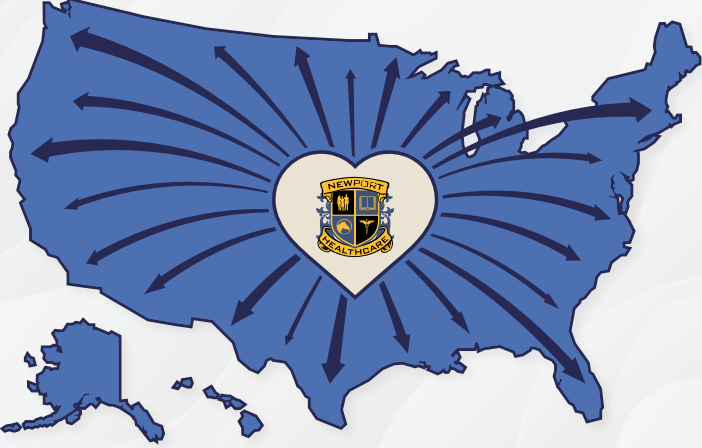


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some break time later because I have to take care of others first.

- I can't get the rest I need because someone needs me.

These examples might sound familiar. Most of us have had thoughts like this at some point. It's what you do after these thoughts creep in that matters. So how do you curve back into the practice of self-love? Start small.

Think of a loving thing you can do for YOU and then make it a priority. Reverse the scripts in your head ...

instead of saying, "I can't get rest because someone needs my attention," try "My body needs rest so I have the energy to do everything I need to do tomorrow." Grant yourself these gifts — even if they are small. Be the example of how you want others to treat you by practicing a standard of self-love!

(Source: Scottsdale Recovery Center. www.scottsdalerecovery.com or call 1-888-NO-DRUGS.

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FDA Encourages Safe Disposal of Unused Prescription Opioids

More than 100 Americans die every day from an opioid overdose, and millions are addicted to opioids.

The U.S. Food and Drug Administration (FDA) launched Remove the Risk, an education and outreach campaign to raise awareness about the serious risks of keeping unused prescription opioids in the home and to provide information about safe disposal of these drugs. Unused opioids — such as hydrocodone, morphine, and oxycodone — are dangerous to have in your home when they are no longer needed. Children or pets can accidentally take unused opioids or visitors might search for them in your drawers and medicine cabinets. Remove the risk of your unused opioids and help address the devastating opioid crisis affecting so many American families. Proper disposal of unused prescription opioids can save lives.



Resources

Find Remove the Risk educational resources, including videos, fact sheets, and information, to help determine the best disposal option for you at www.FDA.gov/DrugDisposal and www.FDA.gov/DeshacerseDeMedicamentos (Spanish).

Be Mindful in the Moment

Living in the present moment is a huge challenge for most of us. Yet, we are reminded in recovery that keeping it in the day is vital for success. In this age of social media and technology, our past and our future are ever present, sometimes demanding our immediate attention. Our busy lives require us to have calendars with beeping reminders of the things we need to do “tomorrow”. Our past is rocketed into our awareness by facebook memories and other social media pursuits. Keeping it in the day and staying mindful can be difficult but not impossible.

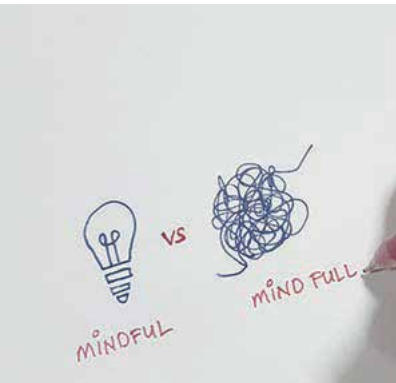
Who has time for balance?

It’s not a bad thing to look back over our past. There’s many things we have in our lives that we won’t ever forget. We have important timelines from our past and we celebrate in the present such as birthdays, anniversaries and numerous other events. And where would be if we never planned for

the future? Probably not very well prepared without some forward planning.

But, it’s the dwelling on the past and forecasting the future that can cause problems. Living in our past might take us back to a place of uneasiness and depression. Just as becoming worried and anxious about future events may keep us stuck and in fight or flight mode.

It takes practice, practice and conscious commitment to stay in the here and now to be mindful and grateful for the moment we are in.



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Helping Youth, Adults & Families

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Home for Girls (12-17)
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SUPPORT

Resources & Helplines

Suicide crisis call 988

In an Emergency dial 911

Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics	aca-arizona.org
Arizona Addiction	602-737-1619
AZ Women’s Recovery Center	602-264-6214
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Copper Springs	480-418-4367
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Response Network	602-222-9444
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDMDA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Nar-Anon Family Groups	(800) 477-6291
National Youth Crisis Hotline	800-448-4663
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7 English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts Tucson	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-HELP
Suicide Prevention Lifeline	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

ARIZONA CRISIS HOTLINES/ Suicide and Crisis Hotlines by County

Maricopa County served by Mercy Care: 800-631-1314 or 602-222-9444

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties served by Arizona Complete Health— Complete Care Plan: 866-495-6735

Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Arizona: 877-756-4090

Gila River and Ak-Chin Indian Communities: 800-259-3449

Salt River Pima Maricopa Indian Community: 855-331-6432



Reach us 602-684-1136

Email: info@togetheraz.com

Our Recovery Partners and Contributors

AZ Women’s Recovery Center	602-264-6214	arizonawomensrecoverycenter.org
Aurora Behavioral Health	877-870-7012	auroraarizona.com
CBI, Inc.	480-831-7566	communitybridgesaz.org
CBI Access to Care	877-931-9142	communitybridgesaz.org
Cohn Media	866-578-4947	cohnmedia.com
Copper Springs	480-418-4367	coppersprings.com
Dr. Dina Evan	602-571-8228	drdinaevan.com
Dr. Marlo Archer	480-705-5007	downtoearthneterprises.com
Eric’s House	1-855-894-5658	ericshouse.org
Gallus Medical Detox	888-306-3122	gallusdetox.com
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	hushabyenursery.org
I Am Teen Strong	480-396-2409	iamTeenStrong.com
The Meadows	800-632-3697	meadowsBH.com
Meadows Ranch	866-390-5100	meadowsranch.com
Mens Teen Challenge	520-792-1790	tcaz.org
Mercy Care	800-631-1314 602-222-9444	mercycaresaz.org
Newport Healthcare	888-675-1764	newporthealthcare.com
NotMYKid	602-652-0163	notmykid.org
Phoenix Life Coach Services	602-245-9600	PhoenixLifeCoachServices.com
Psychological Counseling Services (PCS)	480-947-5739	pcsintensive.com
Recovery In Motion	844-810-1599	recoveryinmotion.com
Scottsdale Recovery Center	888-663-7847	scottsdalerecovery.com
Sierra Tucson	800-842-4487	sierratucson.com
Sierra at Scottsdale	844-749-1567	sierrascottsdale.com
Brough Stewart, MC, LPC, NCC	602-316-3197	
Valley Hospital	602-952-3939	valleyhospital-phoenix.com
Teen Challenge AZ	602-708-9475	tcaz.org
Willow House	877-421-6414	willowhouseforwomen.com

Additional Resources

AZ. Dept. of Health	602-364-2086
Arizona Opioid Assistance Helpline	888-688-4222
AzRHA	602-421-8066
The Crossroads	602-279-2585
Problem Gaming	800-NEXTSTEP
Desert Drug Dog	602-908-2042
Hunkapi Programs	480-393-0870
EMPACT/La Frontera	800-273-8255
TERROS Health	602-685-6000

TUCSON	
ACA	aca-arizona.org
AA	520-624-4183
Al-Anon Infor Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex Addicts Anonymous	520-745-0775
Suicide Prevention	520-323-9372
Workaholics Anonymous	520-403-3559

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